

REVOLUTION OCTOBER 2011

Gymnastics Club



Half Term Training Day

Gain your next badge! **METCHLEY LANE GYMNASTICS CENTRE**

Levels **5 & 4** / Monday 24th October / 10.00am-1.00pm @ £15.00
 Levels **3 & 2** / Tuesday 25th October / 10.00am-1.00pm @ £15.00
 Levels **1+** / Thursday 27th October / 11.00am-3.00pm @ £20.00

Limited Spaces...sign up now!



Women's Artistic Squad

In August we saw the arrival of two new coaches; Sarah Furley and Laura Hindley. They will be programme managing the new addition to Revolution's elite competitive disciplines. They both have volunteered at Birmingham Flames GC for over nine years, producing National Finalists.

You will see the WA girls training alongside the general sessions, though at a slightly different timetable and intensity level ...please continue to make them feel as welcome as possible :)



Revolution GC was successful in the bid to receive a grant from Sport England of £10,000!!! We put the grant money towards a new fibre glass tumble track and some landing mats at Metchley.



The sunken trampoline has finally been installed and looks fantastic! It's a real hit with the Parent & toddler sessions, we have new specific trampoline sessions organised to start from 31 October!

MUNROW SPORTS CENTRE - Please be reassured that Revolution has submitted a formal complaint regarding the parking issue on a Thursday evening where the University are stating that non staff members must park in the North Car Park until after 4.30pm. We will get back to you ASAP!

METCHLEY LANE - Saturday afternoons! We have issued a formal complaint about the lack of parking spaces on a Saturday pm and have requested for parking marshals to be on site. Please leave in good time to enable participation within sessions!



CONGRATULATIONS - ROB, CLAIRE & JADE!!!

Well done to Rob and Claire who passed their Level 4 General Gymnastics coaching exam earlier this year!

Well done to Jade for passing her Women's Artistic Level 2 coaching exam in July!



PRE SCHOOL GYMNASTICS

Levels 8, 7, 6 & 5 / £45 12 week term

Parent & Toddler (Walking+)		
Monday	11.00-12.00pm	M2
Monday	1.00-2.00pm	M3
Wednesday	11.00-12.00pm	W1
Wednesday	2.00-3.00pm	W3
Saturday	9.00-10.00am	S1

Independent Toddler (4yrs / Level 7)

Monday	10.00-11.00am	M1
Wednesday	1.00-2.00pm	W2
Saturday	10.00-11.00am	S2

FOUNDATION GYMNASTICS

Levels 5, 4 & 3 / £45 12 week term

4-6yrs (4yrs in academic year)

Monday	4.00-5.00pm	M4
Tuesday	4.00-5.00pm	T2
Wednesday	4.00-5.00pm	W4
Thursday	4.00-5.00pm	TH1
Friday	4.00-5.00pm	F1
Saturday	11.00-12.00pm	S3
Saturday	2.00-3.00pm	S5

7-9yrs

Tuesday	5.00-6.00pm	T3
Wednesday	5.00-6.00pm	W5
Thursday	5.00-6.00pm	TH2
Thursday	6.00-7.00pm	TH3
Friday	5.00-6.00pm	F2
Saturday	1.00-2.00pm	S4

10yrs+ Wednesday 6.00-7.00pm W6
 Adults Wednesday 7.00-8.00pm £4 p/s

INTERMEDIATE TRAINING

Levels 2 & 1 / Prices as per 10 week course

Intermediate / Metchley

Monday	5.00-6.00pm	£45.00 (12 weeks)
Friday	6.00-7.00pm	£45.00 (12 weeks)

Competition Intermediate / Munrow

Saturday	5.00-6.00pm	£37.50
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Pre Competition Development / P.SQ

Thursday	4.30-6.00pm	£50.00
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TRAMPOLINE 6 WEEKS

All abilities / £22.50

Monday	5.00-5.45pm	TR1
Tuesday	5.00-5.45pm	TR2
Tuesday	5.45-6.30pm	TR3



★ CLUB ATTIRE ON SALE NOW! ★

GIRLS



BOYS



POLOS
 £7.00 age 5yrs - 7yrs
 £9.00 age 8yrs - 12yrs

LEOTARDS
 Size 24 - 32
 £45.00

Size 34+
 £50.00

UNITARDS

Speak to Claire or Rob for sizing!



BOYS SHORTS
 Size 24 - 32 £14.00
 Size 34+ £16.00

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Find us on ...



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INTERNAL CLUB CHAMPIONSHIPS IV

Sunday 17 July 2011, Munrow Sports Centre, University of Birmingham



INFANT GIRLS

1st - Anna Bambrook
2nd - Erin Norman
3rd - Jessica Deeks



INFANT BOYS

1st - Matthew Bambrook
2nd - Finlay Hamnett
3rd - Ethan McCall



Int / JUNIOR GIRLS+

1st - Maddie England-Kerr
2nd - Caitlin Norman
3rd - Lucy Atrill



Int / JUNIOR BOYS

1st - Grady Clarke
2nd - Jayden McKayle
3rd - Fred Saunders



Adv/ JUNIOR GIRLS

1st - Amy Campbell
2nd - Erin Harte
3rd - Ellie Hewison



Adv/ JUNIOR BOYS

1st - Emilio Olson
2nd - Daniel Horton
3rd - Leon Daly



Adv/ SENIOR GIRLS

1st - Emily Fish
2nd - Ottavia Olson
3rd - Charlotte Trayhern



Adv/ SENIOR BOYS

1st - Malkit Singh
2nd - Paolo Olson
3rd - Joel Foster-Finn

Emily Fish also gained Gymnast of the Year 2011!!! Well done to all competitors for displaying your highest difficulty skills and gaining many personal bests! Check out footage at our [YouTube](http://www.youtube.com/user/revolutiongymclub) page - www.youtube.com/user/revolutiongymclub and [facebook](https://www.facebook.com/revolutiongymclub) for photos.



We also said goodbye to coach - Jimmy Robinson, who has relocated to Teignmouth, Devon with his wife and two children, Millie and Zane. We will miss all of them, Jimmy was a credit to the club.

He also, got in touch with one of his first gymnasts from Burnley - **Craig Heap!** Who volunteered his free time to give us a presentation about his professional gymnastics career which include being an all-around finalist at the Sydney Olympics 2000 and Team Gold Medallist at The Manchester Commonwealth Games 2002!

REGIONAL LEVEL 4 CHAMPIONSHIPS

Saturday 24 September, GMAC, Perry Barr Birmingham



Congratulations to Jessica Clarke for gaining 4th place at the regional In Age Level 4 Championships held at GMAC in September!

Each level is aimed at gymnasts who are a certain age in that competition year, where gymnasts must perform to a certain standard and difficulty to gain a pass mark to the next level, with a further pass mark to qualify for the National Finals.

Jess's hard work and determination enabled her to not only qualify to the National Finals but to get her a spot on the West Midlands team for the Level 4 National Finals being held in Guilford on 6 November. Good luck Jess!